

What's on



February 2024 – Moray

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group	What's On in Moray	
Tuesday 6 th & 20 th	MUSICAL MASH-UP Trinity Church, Elgin. Meets 1st & 3rd Tuesday of the month. Join this Musical Mash-Up! Fill your lungs for a 'Sing-Along' sing song and explore Musical Memories. Grab a cuppa and a natter. Any Queries? please contact Helen .	1.30-3pm
Tuesday 13 th	BIKEABILITY A ONE-OFF FUN INDOOR session Moray Sports Centre, - Linkwood Rd, Elgin - IV30 8AR. Run by Outfit Moray who will be carefully looking after us on a variety of very stable Adapted bikes & Tri-cycles so NO CHANCE OF FALLING OFF!!! Come & have a giggle, then have a cuppa in the cafe. Please confirm with Helen if you intend to join us.	2.00-3.00pm
Tuesday 13 th	Community Drop In Session Community Hub Room UHI Moray College/Elgin College. Informal drop in session to come along and chat about all things dementia or brain health related with a Dementia Advisor.	1.30 – 2.30 pm
Tuesday 27 th	HIDDEN GEMS of MORAY - Elgin Museum 1 High St, Elgin IV30 1EQ Thrilled to announce the Elgin Museum are opening especially for us. They'll give us a guided tour of their wonderful artifacts & answer any of your questions. Please confirm with Helen if you intend to join us.	1.30-3.00pm

<p>Thursday 1st, 15th, 22nd, 29th</p>	<p>Pop Up Dementia Café</p> <p>1st Cullen Community Centre 15th Forres Community Centre 22nd Hopeman Memorial Hall 29th Aberlour Fleming Hall</p> <p>The pop up cafes are for anyone with Dementia, their families and carers to come along for a cuppa and a chat.</p>	<p>10.00- 11.30am</p>
<p>Thursday 22nd</p>	<p>THURSDAY ART GROUP for people living with dementia & their carers. Elgin Community Centre – The Willow Room.</p> <p>Everyone is welcome 😊 If you enjoy creating your own Art then please bring your art material & enjoy the social chat. For everyone else, I'll come up with a fun Art activity for us to try.</p> <p>Due to the Elgin Community Centre closing, this is the last session here. From March onwards we are relocating to UHI Moray College/Elgin College to room 212.</p>	<p>2.00- 3.30pm. (note - slightly earlier time).</p>
<p>Friday 16th</p>	<p>Carers Support Group Community Hub Room -UHI Moray College/Elgin college.</p> <p>For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences.</p>	<p>10.30- 12.00</p>
<p>Friday 23rd</p>	<p>FRIDAY ART CLUB for Carers Community Hub Room -UHI Moray College/Elgin college (Entrance from Hay St/Sunninghill Hotel or via the main reception entrance)</p> <p>Come along for some CREATIVE 'ME TIME'. Explore and express your artistic flare, have fun, enjoy a wee natter. No prior experience needed. ALL WELCOME. You're welcome to bring your relative living with dementia.</p> <p>4th Friday of each month. Any Queries? please contact Helen.</p>	<p>10.30-12 noon (note - slightly earlier time).</p>

Contact details for groups:

Emma Gregg
Dementia Advisor (Moray)
egregg@alzscot.org 07925 596232

Helen Moore
Community Activities Organiser (Moray)
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Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/Moray>





MUSICAL MASH-UP CHRISTMAS PARTY

We had guest accordion & fiddle player Ivan & George of the 'Elastic.....Band'! who entertained us with a few tunes half way through the party.



We enjoyed singing lots of different Christmas songs/carols,



We enjoyed Christmas cake & warm mince pies, the 'After 8' challenge game and a raffle with some amazing gifts generously donated by local businesses.



DEMENTIA & VOTING

With the last general election held in December 2019 it is certain that within the next 12 months the next general election will have to be announced.

There have been changes to the way you vote in UK elections, as now everyone wishing to vote at a polling place must provide photo ID to be able to cast their vote. Postal votes remain unaffected.

The information sheet on our website has now been updated to reflect this and you can view it by [clicking here](#).

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Should you no longer wish to receive Moray What's On or updates, please call or write to: Val Sleigh, Service Admin Coordinator on 01467-530516 or vsleigh@alzscot.org

